

# **Reports on the Effects Long-Term Participation In The Monroe Institute Programs**

## **Participant M**

### **How does the Spirit move across the Face of the Earth?**

#### **The Story of Participant M**

She wanted to go to the Olympics as a horse rider, but “I didn’t get a chance because I broke my back in a fall from a horse.” As the memory stirs her she notes how shaky she feels adding, “I could have been a paraplegic.” It took her 3 years before she was pain free, but after 10 weeks she was back in the saddle.

Ever since she was a child she could communicate with animals. One of the lessons she learned early was that “animals are very open and people put up screens.” Throughout her life, developing the level of trust and openness with people that she shares with animals has been a struggle. She did lots of transactional analysis work throughout the mental decline and eventual suicide of her first husband. It taught her to “avoid people who play games.”

She came to the Gateway program “due to instructions from my inner guidance I received during master Reiki training.” From the start, each program she has attended has allowed her to step outside and “let go” of the fear that enters through her empathic abilities. The epiphany occurred during a graduate program when “my heart opened and I felt myself as pure, unconditional love. I was all that is.” One result, which she shares with a smile, is that prior to TMI, “I could not listen to the horse and my client at the same time. I had to phase out from one or the other and it took time to go back and forth. Now I can stay in different phases of consciousness at the same time.”

#### **Understanding Transpersonal Experiences**

- When I get into a state where fear enters, I can now let go. I am conscious of a quiet or a peace that is almost always present behind my ego.

### **What is on the Other Side of the Rainbow?**

#### **Engagement of Multiple Intelligences**

I usually played games with adults. I began playing chess at 3 or 4. I spent a lot of time alone. I liked to read, to spend time in nature sitting still and watching wildlife. Animals are very open and people put up screens.

- Drawing and illustration (works parttime as an illustrator for a museum of natural history).

- Started and currently runs a horse training business.
- Mentoring emotionally disturbed children.
- 4H in high school. Professionally trained horse trainer with horses of her own.

### **Other Personal Development Activities**

- Has done transactional analysis work, read the Seth works and began to read more widely in occult philosophy, and completed training in Reiki.

### **Relationship with Inner Guidance**

- I am conscious of a quiet or a peace that is always present behind my ego.

### **Playfulness Towards Life**

- My first horse was really, really kind. I needed that at the time. My second horse was a tough customer. It was a question of rhythm and lightness with that horse. My third horse came off the Mexican Olympic team, but had been ruined as a result of some terrible vices. It was a question of retraining, becoming light and soft. I learned how to be in perfect balance – to find my balance in balance with the horse . . . .
- Breaking my back [when thrown from a horse early in her career] taught me to be more balanced, because I couldn't carry weights.

### **Compassion for Oneself and Others**

- When my first husband reach his mid-twenties he became seriously disturbed and eventually committed suicide after we had been married for 15 years. I would have left him because he was abusive to me and one evening almost killed me. I learned that love can't fix everything.

### **Compassion for Oneself and Others**

- The healing that has occurred in their lives, resulting in a qualitatively different self- regard, is not a short-term experience. It has been underway for years, as most of them realize. The difference in their understanding is an acknowledgement that, as
- Participant M described:
- I was always protected.